

All the Buzz from the Hive

August 2004

It's been so busy around here, that I, a so-called 'lazy' drone have been recruited to do this newsletter! Humph!! They think I've got nothing better to do... well, actually I don't, but does that mean that they should call me lazy? Maybe I'm just saving my energy in case something happens – sigh, okay. Enough denial, I am lazy. There, I admit it. But is it my fault that there are no virgin queens around here anymore and well, that leaves nothing to do but eat. I do serve a purpose though. Well, to work...

This is a never-ending story – as soon as bears number one and number two were re-located, big bear number three (I like to refer to this one as 'Gertrude') came along. Oh, it was terrible! All we could do was stay inside and watch Gertrude completely tear apart that hive and eat all that brood! The bees were very upset. So many tried to stop her – they kept stinging Gertrude, but alas – all those bees dying for a courageous cause and still the bear kept eating. She took her good old time too – rolling around in our bee yard and then to top it all off, she had the nerve to dump right in front of our hive. Oh, the stench!! You wouldn't believe how that smelled. I honestly don't know how we managed. Luckily for us our Keeper cleaned it up. I've never seen our Keepers so discouraged.

Thankfully the next night we were all moved off that blueberry field. When we looked out our front opening the next morning we thought we'd all gone to heaven – acres and acres of meadow – wildflowers, mustard flowers, clover! You name it and it's there. Now you know why everyone is so busy around here. Winter is coming and they have to get those stores in. Winter...talk about depressing! Do you know that they will kick me out about that time? Talk about an injustice! Does anyone know a good lawyer? Hmmm, maybe I could fight them on this one...

So far that bear hasn't found us. She's probably rolling around in the blueberry fields now. Which is all in good as long as she stays there. Oh, someone just handed me this...let's see.... oh, a recipe. I guess you might like this. Though I think that I would omit everything except the honey...mmm honey....

Tropical Bloom Smoothie

- 1½ cups low-fat milk
- 1 teaspoon vanilla*
- 2 medium, ripe bananas, peeled
- ½ teaspoon ground cinnamon
- 1 cup plain yogurt*
- Dash ground nutmeg
- ¼ cup honey
- 5 ice cubes

Combine milk, bananas, yogurt, honey, vanilla, cinnamon and nutmeg in blender; process until thick and creamy. Add ice cubes, one at a time, and blend until smooth.

*Substitute vanilla yogurt for plain yogurt and vanilla, if desired.

End Dandruff Naturally

Honey, with its natural antibiotic and antifungal properties, is one sweet way to get rid of those flakes.

Dilute 1 tsp. Of honey in about ¼ cup of warm water, massage into your scalp and work through hair. Shampoo and rinse as usual.

Bonus: it leaves you hair silky, shiny and smelling nice too!

-First for women 1/13/03 p.4

Margaret Cornect's

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